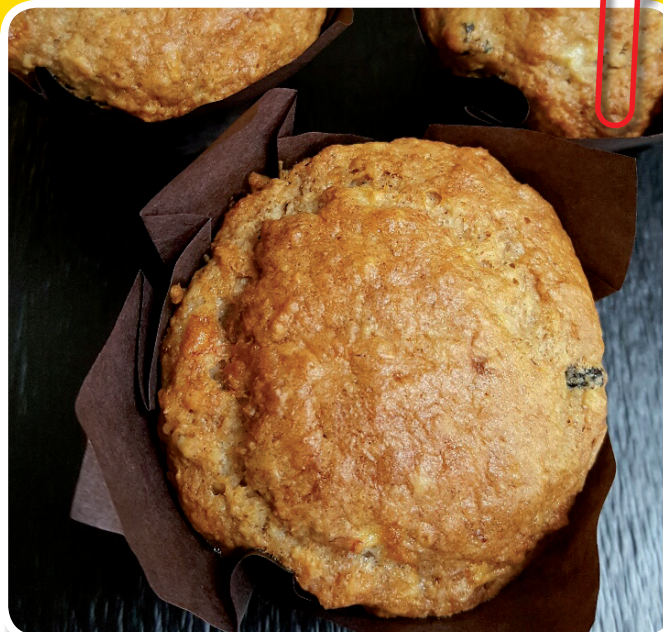


sugar smart recipes



Carrot cake Muffin

Ingredients:

Flour.....	150g	Eggs	2
Oats	30g	Apples pureed	210g
Cinnamon	6g	Carrots grated	180g
Baking powder.....	9g	Dates (chopped), Sultanas/raisins.....	70g
Bicarbonate of soda	6g	Oil	95ml
Soft Brown Sugar	60g		

Method:

1. Preheat the oven to 180c/Gas4.
2. Put flour, baking powder, bicarb, sugar, oats and cinnamon in a mixing bowl.
3. Beat eggs, apple puree and oil until combined. Mix into dry ingredients. Stir in Carrots and dates adding a little water if necessary.
4. Divide this mixture between muffin cases and bake for approximately 10-15 minutes.

Note: Use raisins or sultanas instead of dates.